



## Club Rules

### ILFORD ATHLETIC CLUB

#### RULES

1. NAME That the Club be known as "ILFORD ATHLETIC CLUB".
2. OBJECT That the object of the Club be the provision of athletics under the rules of UK ATHLETICS (hereinafter called U.K.A.).
3. COLOURS That the colours be : One Dark Blue Hoop above a Light Blue Hoop around a White Vest and optional royal blue shorts.
4. MEMBERSHIP That all candidates for election to membership of the Club, with the exception of honorary members, must be as currently defined by U.K.A.
5. ELECTION That candidates for election shall complete the form of application for membership and be proposed by one member and seconded by another member, acceptance by two thirds of the club Officers being necessary to secure election. Candidates under 17 years of age must have the application form countersigned by a parent or a guardian.
6. LIFE MEMBERSHIP That life membership of the Club, free from all subscriptions (other than England Athletics (EA) competition licence fee if still an active competitor), be conferred only at the Annual General Meeting (A.G.M.). That names for election to a Life Membership of the Club be proposed to the General Committee at least one month before the Annual General Meeting and must receive the approval of the Committee before being submitted to the A.G.M.
7. MEMBERSHIP SUBSCRIPTION That the Club annual Membership Subscriptions be those fees proposed by the General Committee and decided by the A.G.M. each year.

Notwithstanding subscriptions for active competitors shall be automatically increased by the current applicable EA competition licence fee without A.G.M. approval

Subscriptions shall be due on 1st April each year.

Only the Membership Officer and the Executive Officers shall be permitted to collect subscriptions.



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N.B.1 Family Membership subscription shall be at the discretion of the General Committee.

N.B.2 The General Committee will consider whole or part waiver of the Membership Subscription in genuine cases of hardship.

8. SUBSCRIPTION ARREARS That members in arrears with subscriptions shall be dealt with according to the current applicable UKA rules. The General Committee shall have the power to expel any member whose subscription is 12 months in arrears, provided a month's notice in writing shall have been sent to such member addressed to his/her last known postal and/or email address informing him/her of the proposed action of the General Committee.

If any member's subscription is 24 months in arrears then the General Committee shall have the power to deem that the member has resigned from the club.

9. RESIGNING That any member who wishes to resign from the Club shall give notice in writing to the General Secretary and the resignation, if accepted, shall be operative from the date of such notice. The Committee shall consider such an application and may refuse or delay it if the member is considered to be under any liability (financial or otherwise) to the Club. Any member, not having tendered his/her resignation by the 1st April in any year shall remain liable for the subscription due on that date. The date of resignation shall then be the date on which the debt is discharged. In the event of any dispute relating to this rule, U.K.A. rules apply.

10. ANNUAL GENERAL MEETING, OFFICERS and HONORARY POSITIONS That the Annual General Meeting shall be held on, or before, 30th March each year, all members to receive at least fourteen days notice of the meeting at which, by a majority of members attending, the following shall be elected :-

### EXECUTIVE OFFICERS

Chairman of Committees  
General Secretary  
Financial Officer  
Development Officer

### OFFICERS



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Membership Officer  
Media and Publicity Officer  
Track and Field Officer  
Cross Country and Road Officer  
Walking Officer  
Officials/Track and Field Meetings Co-ordinating Officer  
Social Events Officer  
Coaches Co-ordinating Officer  
Schools Liaison Officer  
Welfare Officer

### HONORARY POSITIONS

President  
President Elect  
Mens' Track and Field Team Manager  
Mens' Track and Field Captain  
Mens' Cross Country and Road Team Manager  
Mens' Cross Country and Road Captain  
Ladies' Track and Field Team Manager  
Ladies' Track and Field Captain  
Ladies' Cross Country and Road Team Manager  
Ladies' Cross Country and Road Captain  
Walking Team Manager  
Walking Captain  
Young Athletes Team Managers and Captains  
Auditors

Only members may attend and vote at the Annual General Meeting.

11. EXTRAORDINARY GENERAL MEETING That an Extraordinary General Meeting (E.G.M.) must be called by the General Secretary within 14 days of the receipt by him/her of a request in writing signed by ten members stating the reason why such meeting shall be called. No other business shall be dealt with at such meeting. All members to receive at least seven days notice of the Meeting. Only members may attend and vote at such Meeting

12. MANAGEMENT That the management of the Club shall be vested in a General Committee and Section Sub-Committees as indicated. The General Committee shall deal with all Club



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matters relating to third parties and finance, and any matters not covered by a Section Sub-Committee, and shall consist of those officers and members indicated in rule 10 a) and b). The Executive Officers are ex-officio members of all Committees.

13. GENERAL COMMITTEE MEETINGS That the General Committee shall meet at least once every two months, five members present forming a quorum.

14. ALTERATION OF RULES That no alteration in or addition to the Rules be made except at the A.G.M..or an E.G.M. Notice of any proposed alteration or addition shall be sent to the General Secretary at least 14 days prior to the A.G.M. or an E.G.M. for circulation to all Members.

15. MISCONDUCT That any member infringing the Rules of U.K.A., or otherwise misconducting himself or herself, be reported to the General Committee, who may order such member to be suspended or expelled from the Club, a two-thirds majority of those present> and voting being necessary.

16. CHAMPIONSHIPS No trophies, medals or awards shall be made to members that have not paid the Membership Subscription unless they are exempt from doing so.

17. AUDITORS That two Honorary Auditors be appointed at each A.G.M.

18. SUBJECTS NOT IN RULES That any subject not provided for in these Rules shall be dealt with by the General Committee, whose decision shall be final.